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# BEEF and PORK

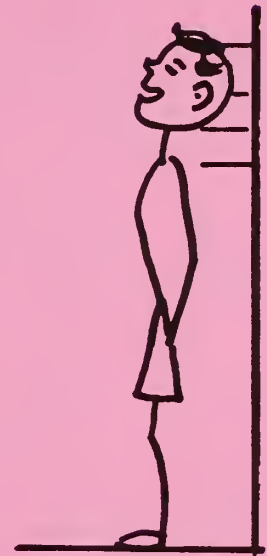
a good choice for the thrifty family

Meats are good for you---  
help you grow  
build muscle  
and blood

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CURRENT SERIAL RECORDS



Be a Smart Shopper  
Find the REAL meat bargains!

Mostly bone  
and fat



1-2 SERVINGS  
IN A POUND

Some bone and fat



2-3 SERVINGS  
IN A POUND

Mostly lean



3-4 SERVINGS  
IN A POUND



CHOOSE THE MEAT THAT WILL GIVE YOU  
THE MOST SERVINGS FOR YOUR MONEY



Liver and Ground Meat are  
Especially Good Buys

### **Chuck Roast**

Select a 4 to 5 pound chuck roast with bone in. Sprinkle the meat with salt and pepper, roll in flour, and brown in a little fat. Cook covered over low heat about 3 to 4 hours or until tender. Add  $\frac{1}{2}$  cup water if needed.

Serve the liquid with the meat or thicken to make gravy.

Makes 8 to 10 servings.

NOTE: Cut-up potatoes, carrots and onions may be added for the last hour of cooking.

### **Beef Stew**

1 pound stewing beef	1½ cups water
Salt and pepper	2 onions
Flour (about $\frac{1}{2}$ cup)	3 potatoes
Fat or oil for frying	3 carrots

Cut meat into small pieces. Sprinkle with salt and pepper, roll in flour and brown in fat. Add water, cover and cook over low heat until meat is almost tender, 1½ to 3 hours. Slice onions, cut up potatoes and carrots. Add vegetables to pan and season with salt and pepper. Cover pan and cook over low heat until vegetables are done. Stir to keep from sticking. Thicken with flour if needed. Makes 4 servings.

### **Liver and Onions**

1½ pounds sliced liver	1½ teaspoons salt
$\frac{1}{2}$ cup flour	$\frac{1}{4}$ teaspoon pepper
2 tablespoons fat	$\frac{1}{4}$ cup water
1 large onion	

Dip liver in flour and brown on one side in fat in fry pan. Slice onion. Turn liver, add salt and pepper, cover with onions. Add water, cover pan tightly and cook over low heat 20 to 30 minutes or until liver is tender. Makes 6 servings.